



COUNTY OF KAUAI

AGENCY ON ELDERLY AFFAIRS

News Release

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Better Choices Better Health senior workshops set for Kōloa

KŌLOA – The Better Choices Better Health (BCBH) workshop series will be held at the Kōloa Neighborhood Center on Tuesdays, from 1 to 3:30 p.m., starting Oct. 4.

The six-week program is designed to help seniors with chronic conditions to better manage their symptoms and improve their overall health, and is based on Stanford University's highly successful Chronic Disease Self-Management Program.

Participants will meet in small groups of 12 to 16 and make weekly action plans, share experiences, and help each other solve the challenges they encounter with skills and techniques learned in the workshop.

Among the topics that will be covered are:

- Techniques for dealing with fatigue, pain, stress, and emotional issues such as depression, anger, fear and frustration.
- Appropriate exercise for maintaining and improving strength and endurance.
- Healthy eating.
- Appropriate use of medications.
- How to communicate effectively with family, friends and health care professionals.

To gain maximum benefit from the program, participants should plan to attend all of the sessions.

Participants must pre-register at least a day before the start of the workshop.

The cost of the workshop is \$12 for seniors 60 years and older and their caregivers. It includes a book titled "Living a Healthy Life with Chronic Conditions" and a relaxation CD.

If space is available, anyone younger than 60 years will be able to attend the workshops for a \$40 fee.

Registration is limited to 16 participants and their caregivers. Scholarships are available.

The workshop series is sponsored by Kaua'i's Healthy Aging Partnership, which includes the following organizations: Agency on Elderly Affairs; Department of Parks and Recreation; Dr. Arnulfo Diaz; Kaua'i Community College; Kaua'i District Health Office; and Kaua'i Economic Opportunity, Inc.

Funding for the program is provided by the state Executive Office on Aging and the County of Kaua'i.

To pre-register for the BCBH workshops or to request an ASL interpreter, materials in an alternate format, or other auxiliary aid support, please contact Johnny Yago at 241-4898 or jyago@kauai.gov at least seven days before the workshop.

For more information, please visit the Agency on Elderly Affairs' website, www.kauaiadrc.org, or contact Yago at the phone number or email listed above.